

Episode 1704 Jonathan Waxman

Blue Ginger Gimlet

2 ounces Double Cross vodka
1 ounce lime juice
1 ounce ginger syrup
Lime wedge for garnish

1. Add all ingredients to a shaker with ice. Shake vigorously. Pour through a small sieve or strainer into a chilled coupe glass and garnish with a lime wedge.

JONATHAN WAXMAN RECIPE

Brick Chicken

Serves 4

Eat Well With Ming: Did you know garlic has been shown to help improve blood pressure?

Allergy Free Note: shellfish free, fish free, peanut free, tree nut free, soy free, gluten free, egg free

1 large free range chicken (minimum 3.5 pounds)
2 ounces extra virgin olive oil
2 ounces plus 2 ounces organic unsalted butter
1 white onion
1 head of garlic
1 small fennel bulb
1 cup rosé wine
1 pint radishes (mixed colors) washed and cut in half or quarters
½ cup raw peas
¼ cup washed basil leaves

1. Prepare two bricks: wrap in aluminum foil.
2. Use a 14" wide cast iron or heavy casserole pan.
3. Prepare chicken as for 'Spatchcock' or butterfly configuration: gently cut out backbone and reserve. Press on the breastplate and flatten chicken using good down force. Rub chicken with 1 ounce olive oil and season with sea salt and freshly ground black pepper.
4. In the cast iron pan, add 1 ounce olive oil and 2 ounces butter, heat to medium-high. When butter is foaming, place chicken skin side down.
5. Place the bricks so they press the chicken down equally.
6. Cook chicken for 5 minutes, remove bricks and shake pan to ensure the chicken is not stuck, replace the bricks.
7. Peel and dice onion. Peel and crush garlic. Dice the fennel. At the 12 minute mark, add the onion, fennel and garlic to pan. Occasionally, stir the vegetables with a kitchen fork.
8. Prepare a pot of simmering with water. Lightly salt the water and cook the radishes and peas for 4 minutes, plunge into cold water.
9. At the 25 minute mark, add the rosé wine. Let reduce until syrupy and add the peas and radishes. Add the remaining butter. Cook for 6 more minutes.

10. Remove the vegetables. Turn chicken over and place under the broiler. Cook until skin is crispy, about 4 minutes.
11. Place the chicken on a platter with vegetables, taste the sauce and pour over the bird. Garnish with basil.

(8)-Prepare a pot of simmering water. Lightly salt the water and cook the radishes and peas for 4 minutes. Using a spider, add to the pan with the saute pan with the chicken.

(9). Flip the chicken and add the rose wine, should be about the 25 minute mark. Let reduce until syrupy and add the peas and radishes. Add the remaining butter. Cook for 6 more minutes.

(10) Remove the vegetables and place under the broiler. Cook until skin is crispy, about 4 minutes. Test to make sure it's fully cooked at 165F.

(11) Place the chicken on a platter with vegetables, taste the sauce and pour over the bird. Garnish with basil.

MING TSAI RECIPE

Blue Ginger Garlic Black Pepper Lobster

Serves 4

Eat Well With Ming: Did you know black pepper helps promote stomach function by releasing enzymes for fat and carbohydrate digestion.

Allergy Free Note: gluten free, peanut free, tree nut free, egg free, soy free

2 each 1 ½ pound lobsters, head off, claws cut in half, tail cut in 4-5 medallions (shell on and save heads for plating)

1 cup sliced garlic cloves

1 bunch sliced scallions (save ¼ cup of sliced green scallions for garnish)

3 tablespoons ground black pepper (medium ground)

1 ½ cups white wine

1 ½ cups chicken stock

½ cup fish sauce

1 cup small diced tomatoes

2 sticks butter, cut into ½ inch slices

1 lemon halved

Kosher salt to taste

Canola oil for cooking

Lemongrass Fried Rice

1 fine diced yellow onion

½ tablespoon minced garlic

½ tablespoon minced ginger

3 stalks lemongrass, minced, white part only

4 cups cooked rice

Juice of 1 lemon

Kosher salt and freshly ground black pepper to taste

Canola oil for cooking

1. Boil several quarts water. Place the claws and knuckles in a large bowl and top with tails. Pour boiling water to cover. In exactly 30 seconds remove the tails and shock in an ice bath. Allow the claws and knuckles to “cook” and extra 6 minutes and 30 seconds for a total of 7 minutes. Remove and shock in an ice bath. The meat can now be easily removed and is still “uncooked”.
2. Mix the white wine, chicken stock and fish sauce together and set aside.
3. In a large wok, add 1 tablespoon canola oil. add sliced garlic, 2 heaping tablespoons medium ground black pepper. Saute for 30 seconds and add the lobster meat in the shell.
4. Deglaze with wine and add chicken stock and fish sauce. Add the rest of the lobster meat and let reduce by $\frac{3}{4}$, 3-5 minutes.
5. Remove lobster and transfer to warm platter. Add tomatoes and butter and check for seasoning. Reduce and stir quickly to emulsify. Squeeze in juice of $\frac{1}{2}$ lemon.
6. In a saucepan on high heat coated with oil, sweat the onions, garlic, ginger and lemongrass. Season with kosher salt and freshly ground black pepper. Add the rice and saute for 3-5 minutes until hot. Add the lemon juice and check for seasoning.
7. To serve, plate the rice on a large platter and lay the lobster on top. Garnish with sliced scallions and serve immediately.